



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

February 15, 2012

Contact: Sarah Gordon 619-595-4513

TAKE LEAP YEAR TO HEART WITH A FREE EXERCISE CLASS *Lakeside, Fallbrook, Spring Valley Community Centers Promote Fun Heart Health Feb. 29*

Leap year presents us with an extra day this February — which is also American Heart Month. In celebration, the San Diego County Department of Parks and Recreation is inviting people to do some literal leaping on Feb. 29 with free exercise classes at its three community centers.

Choose from Zumba, Boot Camp, Fitness Fusion or Fitness Yoga. Take the free day to try a fun class — it might just inspire you to return often and keep your heart healthy for many leap years to come.

Please arrive 10 to 15 minutes early to register for the class. Anyone under 18 must be accompanied by an adult. For additional information please contact the individual centers or visit www.sdparks.org.

Free Classes

Spring Valley Community Center 8735 Jamacha Boulevard 619 479-1832.

Zumba 6 p.m. – 7 p.m. Located outside in the Gazebo area. Ages 12 and up.

Zumba is the Latin inspired, easy-to-follow, calorie burning, feel-it-to-the-core fitness party. You will get a marvelous workout and condition all muscles while having fun.

Lakeside Community Center 9841 Vine Street 619-443-9176

Boot Camp Fitness 6 p.m. – 7 p.m. Ages 14 and up.

Are you having trouble getting motivated or looking to change up your workout routine? This class is appropriate for all fitness levels, as you can set your own pace. The class will be taught at a moderate intensity, and will include aerobic conditioning and flexibility, strength, balance, speed and agility training.

Fallbrook Community Center 341 Heald Lane 760-728-1671

Fitness Fusion 8:30 a.m. – 9:30 a.m. Ages 13 and up.

Stamina + Strength + Stretch + Serenity! Come experience joyful low-impact cardio dance with a fusion of strength training, yoga, stretch, and relaxation techniques. This class keeps up with the latest balanced fitness approaches and creates a wonderful community environment.

Yoga Fusion 9:45 a.m. – 10:45 a.m. Ages 13 and up.

Yoga Fusion is a wellness journey with a gentle, adaptable approach. The class embraces the traditions of Hatha yoga to strengthen, heal and nurture the body. We also enrich our yoga practice by incorporating other fitness methods such as using light weights, chairs for focused balancing, and other tools that aid our growth and bring about a balanced, whole-body fitness style for life-long wellness.

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COUNTY COMMUNICATIONS OFFICE
1600 PACIFIC HIGHWAY, ROOM 208 • SAN DIEGO, CA 92101